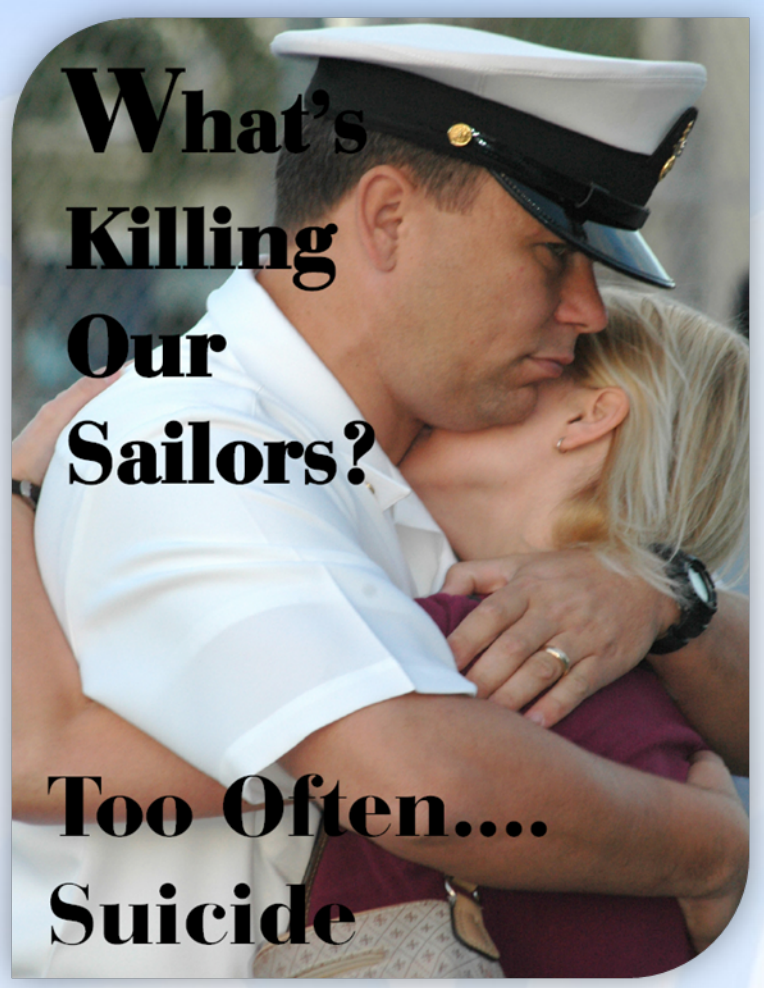
Preventing Suicide

Suicide Information

- In U.S. someone dies from suicide every 17 minutes
- At least 80 individuals die and 1,500 make a suicide attempt daily
- Over 30,000 Americans die annually from suicide
- Suicide is a major National Public health problem

What's Killing Our Sailors?



Navy Suicides

- Suicide has been the second or third leading cause of death in the Navy and Marine Corps
- More sailors think about suicide than actually make an attempt
- The most common methods of suicide in the Navy are guns and hangings

Dr. Kay Jamison, Ph.D.

“Suicide is a particularly awful way to die: The mental suffering leading up to it is usually prolonged, intense and unpalliated.”

Best Friend

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Suicides

- All of us are affected by suicide…
- The loss is tragic and painful to all of us left behind…

Master Chief Terry Scott

Former MCPON Minute Suicide Prevention

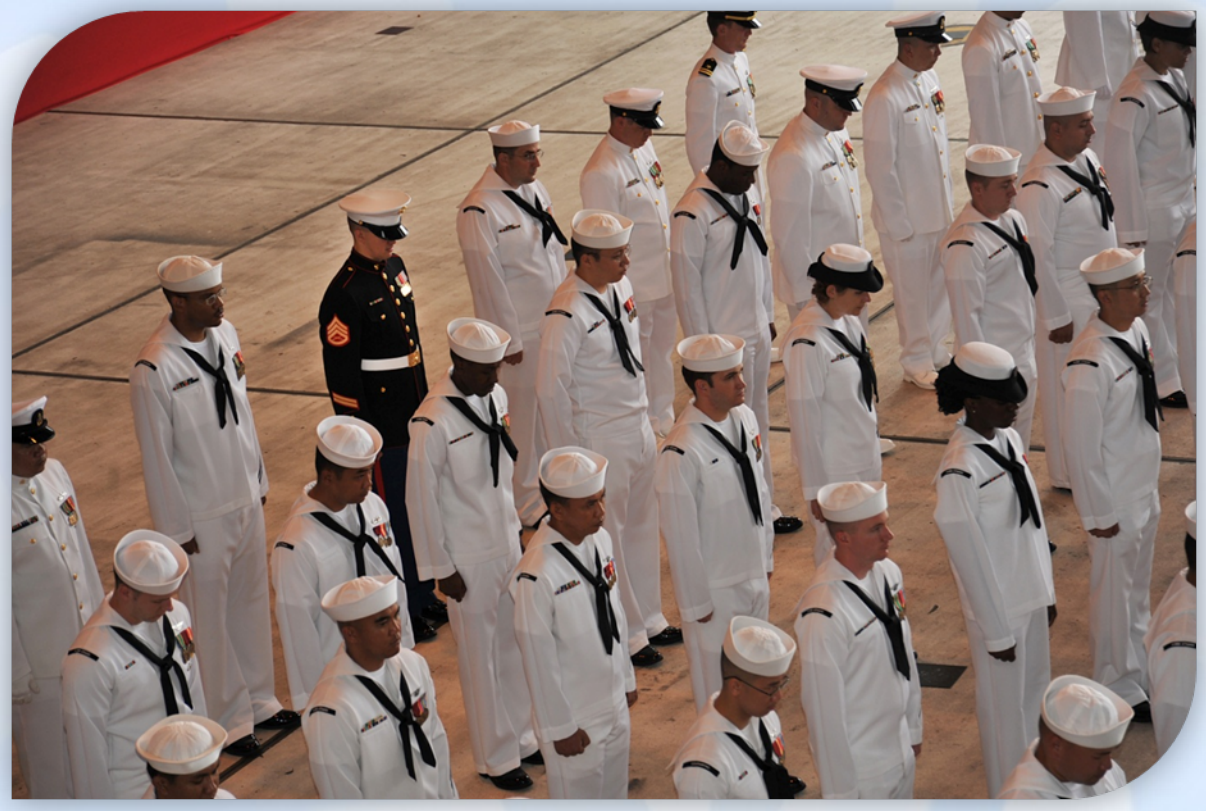
"You help to set the standards high when it comes to personal behavior, and if one of our shipmates comes up short, it's part of our responsibility to help them grow into the Sailors we know they can be."

"It's when the strain becomes especially difficult that they need us the most. The desperation to escape from the stress of deployment, separation from family, or financial trouble can lead our sailors to make terrible personal decisions – sometimes with tragic results."

"There are the times most of all when your leadership and friendship goes beyond mission-focused to focusing on the personal needs of your shipmates. Being responsible for ourselves and each other helps us all create an environment where all of us can succeed."

Suicides are Preventable!

Suicide is Everyone’s Responsibility!



Suicide Risk Factors

- Mental health problems
- Previous suicide attempts
- Experienced a significant loss
- Alcohol problems
- Access to firearms

Suicide Warning Signs

- Talk of suicide
- Suicide threats
- Preparing for suicide
- Depression, hopelessness
- Feeling trapped
- Anxiety, agitation
- Dramatic mood swings, anger, rage
- Acting reckless
- No reason for living, no sense of purpose

What I Can Do

ACT NOW to get shipmates and friends the help they need!

A - Ask

C - Care

T – Take Action

What I Can Do - ASK

- Ask about suicide
- Accept their difficulties
- Actively listen
- Acknowledge their talk, behavior, and feelings

What I Can Do - CARE

- Let the sailor know that you care, understand, and are concerned
- Discuss and care about that is bothering them
- Be very concerned if a shipmate is talking about or has a plan for suicide

What I Can Do – TAKE ACTION

- Obtain professional help ASAP
- Call 911
- Take person to the Emergency Room
- Do not leave the sailor alone- NEVER EVER
- Involve the Chain of Command

Warning Signs

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Helping Tips

- Take all talk about suicide seriously!
- Listen to what they have to say
- Act and be non-judgmental
- Remove all possible means such as pills and weapons

Helping Suggestions

- Stay calm
- Do not be sworn to secrecy!
- Offer hope that options may be helpful and available!
- Do not lecture

Every Sailor Matters

- Be a life saver!
- Pay attention to the warning signs of suicide
- Act to get shipmates immediate help
- We take care of our buddies

Local Resources

- Call 911
- MTF Emergency Department
- Mental Health
- Fleet and Family Support Centers
- Marine Corps Community Services
- Chaplains
- National Help Line 1-800-273-TALK (8255)